

# **ABSTRACT**

## **Title**

Comparison of levels of physical load during selected swimming techniques with and without clothes.

## **Purposes**

My work compares particular swimming styles with or without army suits worn by Armed Forces of the Czech Republic focusing especially on physical effects on a human organism. The goal of my work is to find out the best and the most useful swimming style for the military swimming.

## **Methods**

This is an observational type of quantitative research. Implemented using the intra-individual comparative analysis on a sample of two differently swimming skilled probands. The measurement is made in the pool with a counter in the FLUM facility at faculty of Physical Education and Sport at Charles University. The compared swimming styles are breast swimming with head above water, crawl, rescue backstroke and swimming on the side.

## **Results**

The results compare levels of physical demands utilised swimming techniques while swimming with clothes and in swimwear. They contrast the physical demands based on heart rate. The results show a difference in performing the same activity in clothes and in swimwear.

Breast with head above water was the best of both probands when compared heart rate in swimming in clothes. When comparing the changes in heart rate with the difference between swimming in clothes and swimwear was the largest decrease in crawl.

## **Key words**

swimming in clothes, load during swimming, heart rate, counterflow, military swimming